Captain's Cup Run Series Final Race



Race Date: December 5

Time: 11am

Location: Naval District Washington

Anacostia Annex

Entry Deadline: November 18

Fax all entries to: (202) 433-2422.

For additional information contact the Sports Coordinator at (202) 433-2269

Awards will be presented to the 1st & 2nd place runners in the following age groups:

19-29 * 30-39 * 40 & over						
	ENTRY FO	ORM - R	EINDEE	CR RUSH 5K		
Last Nam	.e: F	irst Nam	e:	_C <mark>omman</mark> d:		
N	A <mark>ilitary Rank</mark>		Civilian G	rade:		
	Age on Decen	nber 5:	Sex	:FM		
	V <mark>ork Num</mark> bei	r:	Email Ad	dress:		
	Runnei	r:	Walker:			
T-Shirt	Size:	MED _	LAR(GE X-L	ARGE	
Submit all entries by November 18.						
Runner Substitutions will not be permitted on race day.						